

SUPPLEMENTAL RULES FOR 10 and Under | 12 and Under

Official current US Soccer Laws of the Game will be used (please reference www.ussoccer.com or the field supervisor if unfamiliar) with local modifications. The following *exceptions* are introduced to: 1) emphasize teamwork; 2) provide a learning environment; 3) provide an opportunity for all players to participate.

- TIME LIMIT** Four ten-minute quarters.
- PLAYING TIME** Players **must** play one full quarter, a minimum of ten minutes, each half.
- SUBSTITUTION** All substitutions are coaching decisions, and the substitutions must be at mid-field. Substitutions will be made as follows:
- EITHER TEAM MAY SUBSTITUTE:
- Between periods
 - On a goal kick
 - When a goal has been scored
 - When play is stopped and an injured player is attended to on the field
 - On a throw-in
- the team in possession of the ball on a throw-in may substitute any number of players. If the team in possession chooses to substitute, the opposing team may also substitute any number of players.
- EXCEPTION: During a penalty kick situation;
- the only substitution permitted is for an injured player;
 - a substitute entering the game at this time shall not take a penalty kick.
- GOALKEEPER** Must change every quarter and not play over one-half of the game in that position.
- # OF PLAYERS** Eleven, including the goalkeeper; seven to start. Teams will play even unless a referee's disqualification causes the shortage. (Example: If team A shows up with 7 players, team B will play 7 players.) Teams short may pull other registered players from other teams within its age group to start the game with 7. Game time is the start time. There is NO FORFEIT.
- OFFSIDE** Offside **will be called.**
- TEAM BENCHES** Players will be seated on one side of the field. Spectators will be seated on the other side of the field.
- EQUIPMENT** Size of the ball is a #4. Detachable, metal cleats and toe cleats are prohibited; molded soles are recommended; flat shoes (sneakers) are acceptable; **SHIN GUARDS ARE REQUIRED.** Jewelry and shorts with pockets or zippers are prohibited. Socks must **completely** cover the shin guards.
- AWARDS** No post-season tournament. Standings are not recorded. Every player in the league receives a participation jersey and certificate.

OVER

UNSPORTSMANLIKE CONDUCT

All players and coaches will be suspended for a minimum of one (1) game upon notice of their third yellow card in a season, issued by the referee. Any player or coach ejected from a game, (receiving a red card by a referee), will automatically be suspended one (1) game for unsportsmanlike conduct and two (2) games for fighting. The suspension will be served during the next scheduled game (s) by his/her team. No notice of the suspension will be required. In the event a player/coach deviates from the suspension, it will constitute a forfeit.

HEADERS

Players in 12 & Under and below shall not engage in heading, neither in practices nor in games. When a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. Any player suspected of suffering a head injury must be substituted for evaluation.

SLIDE TACKLES

Slide tackling will be prohibited during all practices and games. Slide tackle will be immediately whistled as a foul, and for these specific age groups, resulting in an indirect free-kick. Continuous slide tackling will result in a yellow or red card, respectively. The coach should instruct their players that slide tackling is dangerous and not allowed.

RESTARTS IN GOAL BOX (GOAL KICKS, INDIRECT KICKS, PENALTY KICKS)

The ball is in play when it is kicked and clearly moves by the defending team. The ball will become live, regardless if the ball clears the goal box or not.

DROP BALL

A drop ball will be called when the ball hits the referee and possession is not regained by the team in possession of the ball at the time it hits the referee. If possession is regained and that does not result in an immediate attack on the goal, then play will continue. All drop balls will be dropped to the team that had possession when the infraction occurred. Any drop ball called in the penalty area will be dropped to the keeper.